

# Disaster Supply Kit

## Prepare For AT LEAST 72 Hours

Although hurricanes are a major threat to our area, there are other events that may occur that may involve evacuation from your home. Brush fires, hazardous material spills, floods and tornadoes all have a potentially disruptive influence on our daily activities. To prepare for the unknown, each home should have a 72-Hour Disaster Survival Kit. You will need to pack some essential items to help you and your family to survive whether you stay at home or seek other shelter during a disaster. Ensure a minimum of three days (72 hours) supply for each person.

### FOOD

#### ☐ **Non-perishable packaged or canned foods (that require little or no preparation or cooking):**

- Ready to eat canned meats, fruits and vegetables (include a manual can opener)
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – sugar, salt, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix, dried fruits
- Vitamins
- Comfort/stress food – whatever that is for your family! Typically cookies or treats, instant coffee, tea bags

#### ☐ **Special food for infants — baby food, cereals, breast milk, formula**

**Note:** If power fails, pumped breast milk may not remain frozen or may be inaccessible. Nursing mothers should have a contingency plan for the feeding of their baby in case they are separated from their infant.

#### ☐ **Special food for the elderly or people with allergies as required**

#### ☐ **Non-perishable pet food**

#### ☐ **Preparation and eating supplies:**

- manual can-opener
- paper plates/plastic utensils (to avoid needing wash water), or mess kits
- cooking utensils
- sterno, camp stove, or a charcoal or gas grill for outside use only

### WATER

#### ☐ **1 gallon per person per day—** 2 quarts for drinking/2 quarts for food prep and sanitation. Don't forget water for your pets!

**Hot environments and intense activity can double the amount typically needed.** Nursing mothers, children, and ill people will need more than 2 quarts per day.

- **Store water** in sterile, plastic containers, such as soft drink bottles.
- **Avoid storing in bottles** that will decompose or break such as milk cartons or glass bottles

### FIRST AID KIT

#### ☐ **Basic First Aid Manual**

#### ☐ **Epinephrine auto-injection device** (This device should be obtained by anyone with a previous history of severe allergic reactions to bee stings, food, other environmental allergies, etc.. Even if this device is self-administered, contact 911 as early as possible to ensure positive patient outcome.)

#### ☐ **Sterile adhesive bandages** in assorted sizes

#### ☐ **2 and 4 inch sterile gauze pads** (4-6 each)

#### ☐ **Hypoallergenic adhesive tape**

#### ☐ **Triangular bandages** (3)

#### ☐ **2 and 3-inch sterile roller bandages** (3 rolls)

#### ☐ **Scissors and tweezers**

#### ☐ **Needle**

#### ☐ **Moistened towelettes**

#### ☐ **Antiseptic**

#### ☐ **Thermometer**

#### ☐ **Tongue depressor** (2)

#### ☐ **Petroleum jelly or other lubricant**

#### ☐ **Safety pins** (assorted sizes)

#### ☐ **Cleansing agent/soap**

#### ☐ **Latex gloves** (2 pair)

#### ☐ **Medicine dropper**

#### ☐ **Sunscreen**

#### ☐ **Non-prescription drugs:** aspirin, non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative, activated charcoal and syrup of Ipecac (use only if so advised by the Poison Control Center)

### TOOLS AND SUPPLIES

#### ☐ **Battery operated radio and extra batteries**

#### ☐ **Flashlights and extra batteries**

#### ☐ **Road map** for locating shelters and **compass**

#### ☐ **Signal flare and whistle**

#### ☐ **Non-electric can opener**

#### ☐ **Utility knife**

#### ☐ **Fire extinguisher** (small canister, ABC type)

#### ☐ **Pliers**

- ☐ **Duct tape**
- ☐ **Plastic sheeting**
- ☐ **Matches in a waterproof container**
- ☐ **Aluminum foil**
- ☐ **Paper, pencil**
- ☐ **Needles, thread**
- ☐ **Shut-off wrench**, to turn off household gas and water
- ☐ **Sanitation:** toilet paper, towelettes, and bucket with tight fitting lid
- ☐ **Soap, liquid detergent**
- ☐ **Plastic garbage bags with ties**
- ☐ **Unscented, pure household chlorine bleach**

## CLOTHING AND BEDDING

- ☐ **Blankets, pillows, sleeping bags**
- ☐ **Sturdy shoes or work boots**
- ☐ **Wet and Cold weather clothing:** rain gear, hat and gloves, thermal underwear

Include **at least one complete change of clothing and footwear** per person

## SPECIAL ITEMS

- ☐ **Baby needs** — diapers, wipes, bottles, and medications, etc.
- ☐ **Personal medications**
- ☐ Extra set of **eye glasses or contact lenses**
- ☐ **Cash, change**
- ☐ **Sanitary supplies**
- ☐ **Personal hygiene items**
- ☐ **Entertainment:** books, cards, small games

- ☐ **Important Family Documents:** Keep these records in a waterproof, portable container: wills, insurance policies, deeds, stocks, bonds, passports, social security cards, immunization records, bank account numbers, credit card account numbers, inventory of valuable household goods, important telephone numbers, birth, marriage and death certificates, etc.

## STORAGE OF EMERGENCY SUPPLIES

It is best to store your emergency supplies in one location. Be sure all family members know where the kit is located. Choose a place in your home that would be relatively safe in time of disaster (such as a closet or under a bed). The perishable supplies will remain stable longer if stored in a cool, dark location. If you are in an evacuation zone, be sure the container(s) you choose can fit in your car.

Consider a large, covered trash container or large plastic tub with a tight fitting lid — where items can be layered and kept together. A camping backpack or duffel

bag is also a convenient choice. It is best to store plastic water containers on top of the contents rather than on the bottom where they could possibly crack and leak from the weight of heavy objects placed on top of them.

## MAINTAINING YOUR EMERGENCY KIT

- ☐ **Every 6 months:** remember to change your stored water and rotate your stored food supply to ensure that they stay fresh.
- ☐ **Once a year:** re-think your kit and family needs, replace batteries, update clothes, etc.
- ☐ **Ask your physician or pharmacist** about storing prescription medications.

### Sources:

For details on preparing your supplies and surviving during an event see the following Red Cross publications: Hurricane Preparedness: Before the Wind Blows; Your Family Disaster Supplies Kit; Food & Water in an Emergency; Your Family Disaster Plan; Emergency Preparedness Checklist; Disaster Preparedness for Seniors by Seniors.

